

J. Swan Channing  
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# TESTED :: :: RECIPES

# SUNNY BOY



BREAKFAST  
CEREAL

*Prepared by*

**Byers Flour Mills**  
Camrose, Alberta

SUNNY BOY CEREAL

SUNSHINE HEALTH FLOUR

SUNSHINE WHITE FLOUR

## Sunny Boy Breakfast Cereal

A wholesome combination of Nature's pure grain foods, Wheat, Rye, and Flax, containing pronounced laxative qualities as well as high food value. Regular use will relieve constipation.

*For hot cereal breakfast for five persons,—*

Stir 1 cup Sunny Boy Cereal into 4 cups boiling water; add 1 teaspoon salt and cook for 20 minutes. Serve with cream and brown sugar.

## Sunny Boy Muffins

1 egg	1 teaspoon soda
½ cup sugar	½ teaspoon salt
2 tablespoons lard	1 cup Sunny Boy
1 cup sour milk	1 cup Sunshine Flour

### METHOD

Mix in order given. Dissolve soda in milk, stir, then add dry ingredients; turn into greased muffin pans and bake in hot oven for 25 minutes.

## Sunny Boy Loaf

2/3 cup brown sugar	1 cup Sunshine White
1 tablespoon butter	Flour
1 egg	1 cup Sunny Boy
1 cup raisins	1 teaspoon soda
1 cup sour milk	

### METHOD

Mix in order given. Dissolve soda in milk, stir, then add dry ingredients. Place in greased pan and cook in moderate oven for 35 minutes.

## Sunny Boy Digestive Biscuits

1 Breakfast cup Sunshine	2 tablespoons sugar
White Flour	2 tablespoons Golden
1 Breakfast cup Sunny	syrup
Boy	1/4 teaspoon Baking Soda
2 tablespoons butter	
Sweet milk to make stiff paste.	

### METHOD

Rub butter into flour, add all dry ingredients, add syrup (slightly heated) and mix with enough milk to make a stiff paste. Roll out thin, cut into small rounds, prick with a knitting needle and place in a well greased pan and bake till pale brown in a moderate oven.

## Sunshine Health Bread

(Whole Wheat Bread)

5 cups Sunshine Health Flour	3 cups luke-warm water
2 cups Sunshine White Flour	$\frac{3}{4}$ cup brown sugar
1 cake Fleishman's Yeast	2 tablespoons melted lard
	2 teaspoons salt

### METHOD

Dissolve yeast, salt, sugar and lard in luke-warm liquid, then add Sunshine Health Flour and Sunshine White Flour; knead thoroughly and set in a bowl in a warm place for two hours to rise. When double in volume mould into loaves, place in greased pans to rise until light. Bake for one hour.

## Sunshine Health Bread

1 pint milk scalded and cooled	6 cups Sunshine Health Flour
2 teaspoons salt	2 teaspoons sugar
2 cups Sunshine White Flour	$\frac{1}{2}$ yeast cake or $\frac{1}{2}$ cup yeast

### METHOD

Mix as white bread. This flour makes a softer dough and does not require so much kneading. Bake about 15 minutes longer than white bread. If you find the dough too moist add a little more flour.

## Sunshine Health Loaf

1 $\frac{1}{2}$ cups sweet milk	1 teaspoon soda
$\frac{1}{2}$ cup molasses	1 teaspoon salt
$\frac{1}{2}$ cup corn syrup	$\frac{1}{2}$ cup nuts (chopped)
4 cups Sunshine Health Flour	$\frac{1}{2}$ cup raisins
	1 teaspoon mixed spices

### METHOD

Mix Sunshine Health Flour, soda, salt and spices in a bowl. Add nuts and raisins and mix. Make depression, add molasses and milk. Stir well and beat. Bake in greased loaf pan in moderate oven (375) for 45 minutes to 1 hour.

Whole Wheat Health Flour is better when freshly milled. Perhaps this is one reason why customers always come back for more Sunshine Health Flour. It is milled in limited quantities and often, from the best quality clean wheat. "Nothing added, nothing removed." Many a delicious brown loaf has been baked from this well tried recipe.

## Sunshine Brown Bread (no yeast)

2 breakfast cups Sunshine Health Flour	1 breakfast cup milk (or more if required)
1 breakfast cup Sunny Boy Cereal	1 teaspoon baking soda
1 tablespoon shortening	1 teaspoon cream of tartar
1 tablespoon golden syrup	1/4 teaspoon salt

### METHOD

Rub shortening into flour. Add all dry ingredients, then syrup, slightly warmed and mixed with the milk. Add more milk if required to make a real moist dough. Mix well and turn into a well greased loaf tin. Bake in moderate oven 40 minutes. (Sunny Boy Cereal may be previously soaked in the milk.)

## Sunshine Camp Cake

1 cup brown sugar	2 cups Sunshine Health Flour
1 egg	
Butter the size of the egg	1 1/2 cups raisins and currants mixed
1 cup sour milk or sour cream	Shake of nutmeg
1 teaspoon baking soda	

### METHOD

Cream butter; add sugar and cream until smooth. Add the beaten egg and the sour milk to which the soda has been added; mix nutmeg with flour and add gradually to mixture. Add lastly the cleaned fruit. Put into well greased cake pan and bake for one hour in moderate oven.

Sunshine Camp Cake can be cut fresh or left in tin for a few days to ripen; is also delightful iced with 1 part brown sugar, 1 part icing sugar, 1 part butter.

## Sunshine Health Biscuits

1 cup Sunshine White Flour	4 teasp'ns baking powder
3/4 cup Sunshine Health Flour	1 teaspoon salt

  

3 tablespoons shortening	3 tablespoons shortening
3/4 cup milk	3/4 cup milk

### METHOD

Sift white flour, baking powder and salt. Add Sunshine Health Flour and mix. Cut shortening into dry mixture until it is the consistency of coarse meal. Add milk and stir. Toss on floured board and knead slightly

(17 strokes). Pat or roll one-half inch thick, cut in desired shape. Place on greased baking sheet touching each other. Bake in moderate oven (425 degrees) fifteen to twenty minutes. (One dozen biscuits.)

## Sunshine Health Shortbread

2 cups Sunshine Health Flour	$\frac{1}{2}$ cup powdered sugar $\frac{1}{2}$ pound butter
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### METHOD

Mix flour and sugar. Work in butter and knead together. Pat to desired thickness on flourless board. Cut in any shape desired on baking sheet and bake in slow oven (325 degrees) until a very light brown.

## “Sunny Boy Cookies”

1 $\frac{1}{4}$ cups Sunny Boy Cereal	$\frac{1}{2}$ teaspoon salt (small)
1 $\frac{1}{2}$ cups Sunshine Flour	3 teaspoons Baking Soda
1 $\frac{1}{4}$ cups white sugar	1 teaspoon Ginger
$\frac{3}{4}$ cup shortening	1 teaspoon Nutmeg
	1 teaspoon Cinnamon

### METHOD

Mix all dry ingredients well together, then add  $\frac{3}{4}$  cup Rogers Syrup (warm) and 1 well beaten egg. Form into balls, put in pan far apart, and bake in moderate oven.

(Mrs. W. K. Nelson).

## Sunny Boy Health Pudding

1 $\frac{1}{2}$ cups cooked Sunny Boy Cereal	1/3 cup brown sugar
2 Eggs (beaten)	2 cups good milk
	1 cup dates or raisins

Mix all together and put into a greased pudding dish. Bake 25 minutes. Serve with cream and sugar.

## Sunny Boy Pancakes

1 cup Sunshine Flour	1 tablespoon butter
2 cups Sunny Boy Cereal	2 Eggs, Pinch of salt
2 teaspoons baking powder	$\frac{3}{4}$ cup sugar

## METHOD

Beat eggs, sugar and butter together; add flour and baking powder and enough milk to make a thick cream batter. Grease griddle and cook slowly.

**Syrup**—One cup brown sugar,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup corn syrup,  $\frac{2}{3}$  cup boiling water, little vanilla. Stir the ingredients together over the fire until the sugar is dissolved. Let boil up good, once all over, then set away to cool.

## Sunshine White Bread

2 tablespoons salt	$1\frac{1}{2}$ cakes Royal Yeast
1 cup mashed potatoes	1 tablespoon lard
2 quarts luke-warm water	$\frac{1}{2}$ cup sugar
1 quart milk	

## METHOD

Soak yeast in one cup luke-warm water for half hour. Stir in enough Sunshine Flour to make a thick batter. Let rise over night.

In the morning beat down and let rise again. Heat 1 quart milk to boiling point, let cool, then add lard, salt, and sugar. Add this to batter, then enough Sunshine Flour to make a stiff dough. Let rise, knead down once, then mould into loaves. Let rise and bake for one hour. Brush over with butter when taken from oven. This makes about eight loaves.

## Sunshine White Bread

One quart (or more) potato water into which half cup of sugar is added. When luke-warm add 1 cup starter (or two cakes yeast which have been soaked for half hour in one cup luke-warm water).

Let rise in a warm place over night. In the morning sift in amount of Sunshine flour required, add half cup of lard or butter and 1 tablespoon of salt. After warming flour and rubbing in the shortening, add potato water sponge and enough warm water to mix to a stiff dough. Let rise until double in size, knead down, let rise again. Then put in pans, let rise and bake.

## Sunshine Dinner Rolls

3 cups scalded milk  
1/2 cup sugar  
2 teaspoons salt

3 tablespoons lard  
1 cake Fleishman's Yeast  
Sunshine Flour to knead

### METHOD

Dissolve salt, lard and sugar in scalded milk. When luke-warm add yeast which has been dissolved in 1/4 cup luke-warm water. Stir in Sunshine Flour until stiff enough to handle, and let rise for 2 hours. Roll flat with rolling pin, cut with biscuit cutter, butter, and fold. Let rise until double in size. Bake in hot oven 20 minutes.

## Sunny Boy Meat Loaf

1 1/2 lbs. grated beef  
1/2 lb. grated pork  
1 cup Sunny Boy  
1 teaspoon salt (small)

Dash of pepper  
2 Eggs  
1 small onion (chopped fine)

### METHOD

Combine all the ingredients and mix well together. Bake in oven 1 hour. If desired a can of tomatoes (strained) can be poured over this after well browned.)

## Sunny Boy Xmas Pudding

4 cups Sunny Boy Cereal  
1 teaspoon Allspice  
1 teaspoon Cinnamon  
1/2 teaspoon Nutmeg  
1/2 teaspoon Mace  
3/4 lb. chopped suet  
1 cup grated raw carrot  
1 cup grated raw potato

4 eggs  
1 lb. brown sugar  
1/2 lb. seeded raisins  
1/2 seedless raisins  
1/2 lb. dates  
1/2 lb. almonds  
1/2 lb. mixed peel  
1/2 lb. cherries

Mix and steam 3 1/2 hours.

(Mrs. C. H. Trapp)

**BYERS FLOUR MILLS**  
CAMROSE, - ALBERTA

*Pure*

**SUNSHINE**



**HEALTH FLOUR**

*Whole Wheat Flour*

Byers Flour Mills  
CAMROSE, Alberta